

## Clavicle Fracture Fixation Protocol

Phase/ Goals	Immobilization	ROM	Therapeutic Exercises
<p><b>Phase 1 (0-4 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Pain control</li> <li>● Elbow ROM</li> <li>● Decrease swelling</li> </ul>	<p>Sling x 2 weeks</p> <p>ROM limitations x 2 weeks</p> <p>No weightbearing</p>	<ul style="list-style-type: none"> <li>● PASSIVE ROM x 2 weeks: Limit FE 0-90, Abd 0-90, IR to belt line, ER full</li> <li>● Active ROM starting at 2 weeks</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Cryotherapy</li> <li>● Edema control</li> </ul>	<ul style="list-style-type: none"> <li>● Neck, elbow, wrist ROM</li> <li>● Scapular retraction and depression</li> <li>● Pendulums</li> <li>● Deltoid isometrics</li> <li>● Passive ROM: ER &amp; IR to belt, FE &amp; Abd to 90</li> </ul>
<p><b>Phase 2 (4-6 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Progress to full PROM</li> <li>● Full Active ROM</li> </ul>	<p>Wean sling completely if have not already</p> <p>5lb. weightbearing limit below shoulder level</p> <p>No prolonged overhead use</p>	<ul style="list-style-type: none"> <li>● Progress to full PASSIVE ROM at 4 weeks</li> <li>● Begin full Active ROM at 4 weeks</li> </ul> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Gentle Massage</li> <li>● Cryotherapy</li> </ul>	<ul style="list-style-type: none"> <li>● Continue neck, elbow, hand ROM</li> <li>● Continue pendulums</li> <li>● Active Assist ROM ER and IR, FE and Scaption</li> <li>● Isometrics ER and IR, Biceps and Triceps</li> <li>● Starting week 4 – Active ROM sidelying ER, FE and Scaption, Salutes (lawn chair progression), prone extension and horizontal abduction</li> <li>● Starting week 6 - Low load prolonged stretching: towel internal rotation, cross arm, sleeper, 90/90 abd/ER</li> </ul>

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<p><b>Phase 3 (7-12 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Obtain full AROM</li> <li>● Gain full muscular endurance</li> </ul>	<p>5 pound weightbearing restriction lifted – Still no prolonged overhead</p>	<p>Progress to full active and passive ROM</p> <p>Modalities:</p> <ul style="list-style-type: none"> <li>● Ice/stim PRN</li> </ul>	<ul style="list-style-type: none"> <li>● Isometrics: internal and external rotation, biceps and triceps</li> <li>● Cuff isotonic</li> <li>● Large muscle PRE's: lats, pecs, etc.</li> <li>● Sidelying external rotation, salutes, prone extension and horizontal abduction</li> <li>● Punches with a plus</li> <li>● Prone lower trap</li> <li>● Closed chain stability</li> <li>● Endurance <u>starting week 8</u>: IR and ER, theraband rows, bicep curls, tricep extension</li> </ul>
<p><b>Phase 4 (13-18 weeks)</b></p> <p>Goals:</p> <ul style="list-style-type: none"> <li>● Maintain full AROM</li> <li>● Progress for full strength</li> </ul>	<p>Weight restrictions fully lifted</p>	<ul style="list-style-type: none"> <li>● Full A/PROM</li> </ul>	<ul style="list-style-type: none"> <li>● External rotation strengthening at 45 and 90 degrees</li> <li>● Bear hugs</li> <li>● Statue of liberty</li> <li>● Push-up plus progression</li> <li>● Aggressive upper extremity resistance exercises</li> <li>● ER and IR isokinetics</li> </ul>